

**RITE AID FIBER THERAPY- methylcellulose tablet**  
**RITE AID CORPORATION**

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**Rite Aid Fiber Therapy Methylcellulose 500 mg Caplets**

***Active ingredient (in each caplet)***

Methylcellulose 500mg

***Purpose***

Bulk-forming fiber laxative (a non-allergenic fiber)

***Uses***

- helps restore and maintain regularity
- relieves constipation (irregularity)
- for constipation associated with other bowel disorders like IBS when recommended by a doctor
- generally produces a bowel movement in 12-72 hours

***Warnings***

**Choking** : Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing. If you experience chest pain, vomiting or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

***Ask a doctor before use if you have***

- a sudden change in bowel habits that persists over a period of 2 weeks
- abdominal pain, nausea or vomiting

***Stop use and ask a doctor if***

- constipation lasts more than 7 days
- You have rectal bleeding.

These could be as serious condition.

**Keep out of reach of children.**

In case of overdose, get medical help or contact a Poison Control Center right away at 1-800-222-1222.

***Directions***

Take this product (child or adult dose) with at least 8 ounces (a full glass) of water or

other fluid. Taking this product without enough liquid may cause choking. See choking warning.

<b>AGE</b>	<b>DOSE</b>	<b>MAXIMUM DOSE</b>
adults & children 12 years of age and over	Start with 2 caplets. Increase as needed up to 6 times per day.	Do not exceed 12 caplets per day
Children 6 - 11 years of age	Start with 1 caplets. Increase as needed up to 6 times per day.	Do not exceed 6 caplets per day
children under 6 years of age	Consult a physician	Consult a physician

### ***Other information***

- **each caplet contains:** appx. 18 mg of calcium
- Store at bellow 77°F (25°C)
- protect contents from humidity
- keep tightly closed

### ***Inactive ingredients***

adipic acid, calcium carbonate, crospovidone, FD&C yellow no. 6 aluminum lake, magnesium stearate, maltodextrin, microcrystalline cellulose, polysorbate 80, silica.

### **Principal Display Panel**

#### **Compare to the active ingredients in Citrucel® Caplets**

RITE AID PHARMACY®

#### **Fiber Therapy**

#### **Methylcellulose 500mg**

#### **Fiber for regularity**

#### **actual size**

100% non-allergenic gentle and gluten free

100% soluble fiber does not cause excess gas easy to take caplets

GLUTEN FREE

RITE AID SATISFACTION GURANTEE

IF YOU'RE NOT SATISFIED WE'LL HAPPILY REFUND YOUR MONEY.

#### **DISTRIBUTED BY:**

**RITE AID**

**30 HUNTER LANE**

**CAMP HILL, PA 17011**

**Do not use if printed seal under cap is torn or missing.**

\*This product is not manufactured or distributed by GlaxoSmithKline, the distributor of CITRUCEL® Caplets.

2.5" height

7.375" width



\*Compare to the active ingredient in Citrucel® Caplets

# fiber therapy

methylcellulose 500 mg  
fiber for regularity

actual size

100% non-allergenic  
gentle and gluten free  
100% soluble fiber  
does not cause excess gas  
easy to take caplets

200 CAPLETS

**Drug Facts** Do not use if printed seal under cap is torn or missing

**Active ingredient (in each caplet)**  
Methylcellulose 500 mg (a non-allergenic fiber) **Purpose**  
Bulk-forming fiber laxative

**Uses** ■ helps restore and maintain regularity ■ relieves constipation (irregularity) ■ for constipation associated with other bowel disorders like IBS when recommended by a doctor ■ generally produces a bowel movement in 12-72 hours

**Warnings**  
**Choking:** Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing, if you experience chest pain, vomiting or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.  
**Ask a doctor before use if you have** ■ a sudden change in bowel habits that persists over a period of two weeks ■ abdominal pain, nausea or vomiting

**Stop use and ask a doctor if** ■ constipation lasts more than 7 days ■ you have rectal bleeding. These could be a serious condition.

**Keep out of reach of children.** In case of overdose, get medical help or contact a Poison Control Center right away at 1-800-222-1222

**Directions** Take this product (child or adult dose) with at least 8 ounces (a full glass) of water or other fluid. Taking this product without enough liquid may cause choking. See choking warning.

Age	Dose	Maximum Dose
adults & children 12 years of age and over	start with 2 caplets. Increase as needed up to 6 times per day.	do not exceed 12 caplets per day.
children 6-11 years of age	start with 1 caplet. Increase as needed up to 6 times per day.	do not exceed 6 caplets per day.
children under 6 years of age	consult a physician	consult a physician


**Other information** ■ each caplet contains: approx. 18 mg of calcium ■ store at below 77°F (25° C) ■ protect contents from humidity ■ keep tightly closed

**Inactive ingredients** adipic acid, calcium carbonate, croscellose, FD&C yellow no. 6 aluminum lake, magnesium stearate, maltodextrin, microcrystalline cellulose, polyсорbate 80, silica.

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**DISTRIBUTED BY: RITE AID**  
30 HUNTER LANE  
CAMP HILL, PA 17011  
GLUTEN FREE  
ITEM 331381

LOT: 122200RTLR  
EXP: 011822 33381 8



**Fiber Therapy 100 Caplets**

Do not use if printed seal under cap is torn or missing.

**Drug Facts**

**Active ingredient (in each caplet) Purpose**

Methylcellulose 500 mg.....Bulk-forming fiber laxative (a non-allergenic fiber)

**Uses** ■ helps restore and maintain regularity ■ relieves constipation (irregularity) ■ for constipation associated with other bowel disorders like IBS when recommended by a doctor ■ generally produces a bowel movement in 12-72 hours

**Warnings**

**Choking:** Taking this product without adequate fluid may cause it to swell and block your throat or esophagus and may cause choking. Do not take this product if you have difficulty in swallowing. If you experience chest pain, vomiting or difficulty in swallowing or breathing after taking this product, seek immediate medical attention.

**Ask a doctor before use if you have** ■ a sudden change in bowel habits that persists over a period of two weeks ■ abdominal pain, nausea or vomiting

**Stop use and ask a doctor if** ■ constipation lasts more than 7 days ■ you have rectal bleeding

**Keep out of reach of children.** In case of overdose get medical help or contact a Poison Control Center right away at 1-800-222-1222.

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**DISTRIBUTED BY: RITE AID**  
**30 HUNTER LANE**  
**CAMP HILL, PA 17011**

ITEM 331380



SEEK MEDICAL ADVICE IF YOU EXPERIENCE THESE SYMPTOMS INCLUDING DRUG FACTS AND ALLERGY WARNING

122100RITLR

EXP:

**Drug Facts (continued)**

**Directions** Take this product (child or adult dose) with at least 8 ounces (a full glass) of water or other fluid. Taking this product without enough liquid may cause choking. See choking warning.

Age	Dose	Maximum Dose
adults & children 12 years of age and over	start with 2 caplets. Increase as needed up to 6 times per day.	do not exceed 12 caplets per day.
children 6-11 years of age	start with 1 caplet. Increase as needed up to 6 times per day.	do not exceed 6 caplets per day.
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**Other information** ■ each caplet contains: approx. 18 mg of calcium ■ store at below 77°F (25° C) ■ protect contents from humidity ■ keep tightly closed

**Inactive ingredients** adipic acid, calcium carbonate, croscopolidone, FD&C yellow no. 6 aluminum lake, magnesium stearate, methylodextrin, microcrystalline cellulose, polysorbate 80, silica.

**RITE AID FIBER THERAPY**

methylcellulose tablet

**Product Information**

<b>Product Type</b>	HUMAN OTC DRUG	<b>Item Code (Source)</b>	NDC:11822-2221
<b>Route of Administration</b>	ORAL		

**Active Ingredient/Active Moiety**

Ingredient Name	Basis of Strength	Strength
<b>METHYLCELLULOSE (4000 MPA.S)</b> (UNII: MRJ667KA5E) (METHYLCELLULOSE (4000 MPA.S) - UNII:MRJ667KA5E)	METHYLCELLULOSE (4000 MPA.S)	500 mg

**Inactive Ingredients**

Ingredient Name	Strength
<b>ADIPIC ACID</b> (UNII: 76A0JE0FKJ)	

<b>CALCIUM CARBONATE</b> (UNII: H0G9379FGK)	
<b>CROSPROVIDONE (120 .MU.M)</b> (UNII: 68401960MK)	
<b>FD&amp;C YELLOW NO. 6</b> (UNII: H77VEI93A8)	
<b>MAGNESIUM STEARATE</b> (UNII: 70097M6I30)	
<b>MALTODEXTRIN</b> (UNII: 7CVR7L4A2D)	
<b>MICROCRYSTALLINE CELLULOSE</b> (UNII: OP1R32D61U)	
<b>POLYSORBATE 80</b> (UNII: 6OZP39ZG8H)	
<b>SILICON DIOXIDE</b> (UNII: ETJ7Z6XBU4)	

### Product Characteristics

<b>Color</b>	ORANGE (Light orange)	<b>Score</b>	no score
<b>Shape</b>	CAPSULE (Caplet)	<b>Size</b>	19mm
<b>Flavor</b>		<b>Imprint Code</b>	RP122
<b>Contains</b>			

### Packaging

#	Item Code	Package Description	Marketing Start Date	Marketing End Date
1	NDC:11822-2221-2	200 in 1 BOTTLE; Type 0: Not a Combination Product	03/12/2019	
2	NDC:11822-2221-0	100 in 1 BOTTLE; Type 0: Not a Combination Product	03/12/2019	

### Marketing Information

Marketing Category	Application Number or Monograph Citation	Marketing Start Date	Marketing End Date
OTC Monograph Drug	M007	03/12/2019	

**Labeler** - RITE AID CORPORATION (014578892)